



boreal granny's Spring & Summer Herbal Survival Kit

Boreal Lip Balms

Summer Blossom Replenishing ~ rich, soothing & replenishing

Wild Rose Petals & Wild Plum Blossom, Sunflower, Grapeseed & Almond Oils, Water Lily Root, Rosehip Seed, Shea Butter, Beeswax, Vit E Oil & Honey.

Citrus Weekay Anti-Viral ~ refreshing, cooling & anti-viral properties

Lemon Balm, Lemon Peel, Weekay, Sunflower, Grapeseed, Almond Oils, Shea Butter, Water Lily Root, Rosehip Seed, Beeswax, Vit E Oil, & Honey.

Boreal Care, Medicine & Healing

After Sun Replenishing Lotion ~ soothing, cooling & replenishing

Spring Water, Olive, Grape Seed, Safflower, Sunflower & Almond Oils. Wild Mint, Wild Rose Petals, Lavender, Balsam Fir, Fireweed, Weekay, Water Lily Root, Rosehip Seed, Rose Water, Vit E Oil, Honey & Beeswax.

Summer Sacred Salt Soak ~ cleansing, healing & cooling

Sea & Himalayan Salts ,Red Clover, Ox Eye Daisy, Hyssop, Lemon Balm, Prairie Sage, Wild Rose Petals, Fireweed, Wild Mint, and Sweetgrass

Usage: 1 T salts & 1 T herbs for foot or hand soak . 1 cup salts & 3 T herbs per bath full

Remember that herbs can be used up to 3 times before being returned to the earth mother.

Floral Waters: refreshing, rejuvenating & uplifting

Spring Water, Wild Plum Blossom, Wild Rose Petals and Citric Acid.

Intense Healing Salve ~ cuts, scrapes, bruises, general wound healing, anti-bacterial, anti-fungal , antibiotic

Grapeseed & Olive Oils , Ox Eye Daisy, Plantain Leaf , Elderflower, Wild Rose Petal, Lavender, Balsam Fir Needle, Resin of Pine & Spruce , Honey & Beeswax.

Itch Away Powder ~ healing, itch relief from insect bites & poison ivy

Sterilized Clay, Plantain Leaf & Jewelweed.

Usage: 1tsp itch away powder, add small amount of witch hazel or spring water to make a paste consistency of a lotion. Apply to affected areas & let dry. Wash off with cool water. Reapply as needed.

Boreal Bug Balm ~ A natural wild harvested & organic insect deterrent

Olive, Sunflower & Grapeseed Oils , White Cedar, Sweetgrass, Lemon Balm, Prairie Sage, Lavender, Lemon Grass , Beeswax , Essential Oils of Pine , Sage & Lemon Grass.

Usage: apply a thin layer to exposed skin, reapply after swimming or bathing. Avoid eye area.

Boreal Teas

Boreal Berry Blossom ~ a refreshing floral & wild berry flavour

Wild Grapeleaf, Raspberry Leaf, Sweetgrass, Wild Rose Petal, Elderberry, Wild Strawberry, Wild Raspberry, Plum Blossom, Crabapple, Fireweed Blossom.

Boreal Summer Forest Blend ~ a soothing & cooling summer tisane

Wild Grapeleaf, Raspberry Leaf, Nettle, Lemon Balm, Wild Mint, Sweetgrass, Dried Wild Plum.

Boreal Zhourat ~ a boreal version of the traditional Middle Eastern Zhourat Tisane full of herbs, florals & wild fruits

Dried Wild Plum, Dried Crabapple, Wild Raspberry, Wild Strawberry, Wild Rose Petals, Wild Plum Blossom, White Cedar, Prairie Sage, Raspberry Leaf, Sweetgrass, Hawberry, Highbush Cranberry, Fireweed Blossom, Labrador Leaf, Red Clover, Blueberry Leaf, Rosehip, Alfalfa Bud, Stinging Nettle, Elderberry, Wild Mint, Lemon Balm.

Usage: Add one tablespoon of tea per two cups of water, bring to boil, reduce heat, simmer for twenty minutes, strain, enjoy as an iced tea or herbal ice cubes in a summertime lemonade.

Teas can be used up to three times before being returned to the earth.

Boreal Smokeless Smudges

Smokeless smudging has been around as long as smoke smudging and is a great alternative for people who suffer from asthma or other sensitivities to smoke, and also for smudging indoors.

Add one or two tablespoons to a pan of boiling water, turn off the heat and use the steam to fill your home, or use in your Summer rituals and celebrations. You may also burn the smudge on charcoal disks.



Thank you for your support!

While we do our best to detail every ingredient, we trust our customers with the responsibility of knowing to which plants they are sensitive or may cause them allergic reactions. Please remember that wild plants can contain thujones, artemisias, latex, etc., as well as other allergens and irritants.

If you have any questions or concerns about the ingredients used in our products, please send us an email at:

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boreal granny